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UTILIZATION OF DRIED FRUITS AND VEGETABLES.

Owing to the present high price of sugar and containers, the drying of fruits and vegetables should be stressed. If properly dried and carefully stored these products may to a large extent take the place of fresh or canned fruits and vegetables. They should not be kept indefinitely, however, since they deteriorate during long storage. Hence it would be wise to use the supply of dried products early in the winter, leaving the canned goods until later.

Soaking.

It is generally supposed that soaking of dried products for some hours previous to cooking, is essential. The following statements issued by the Office of Home Economics will be interesting as well as very helpful.

I. Dried Green String Beans. - Soaking dried beans over night sometimes gives slightly more desirable results than those cooking without any previous soaking, but usually this is not the case. As a rule, the better the character of the dried beans, the less likely that they will require soaking. The following directions should cover all cases, since soaking usually does no harm if the proper proportion of water is used and if the beans are cooked in the same water in which they are soaked.

Use three times as much water by measure as beans (no more), and allow to soak over night in a cool place. Then bring slowly to a boil in the same water in which they were soaked, salting to taste. Boil gently, covered, until tender, which will require about 3/4 hour if the beans are of good quality. When tender, the beans may be prepared according to any preferred recipe, by the same methods which would be used for fresh string beans.

II. Dried Corn. - The matter of soaking dried corn over night depends entirely on the character of the particular sample of corn which is under consideration. Certain samples of corn (home dried, and by far the best encountered, as it happened), did not require any soaking whatever. Other samples all required soaking over night, but they were never as tender or sweet as were those samples which did not require soaking. For soaking, from two to three parts of water to one of corn may be required, but as little as possible should be used. Cook at a low heat until tender.

III. Dried Soup Mixtures. - In all cases which have been tested (with the exception of one sample) soaking did not improve this product.

Therefore, cook without previous soaking by boiling for 1 hour in 3 parts water to 1 part soup mixture. Then the cooked vegetables may be

used in the same way as are freshly cooked vegetables; or for soup, the soup mixture may be added directly to broth or stock and cooked in a much larger amount of liquid.

IV. Dried Apples. - Apples cooked without soaking, were considered to be of better flavor than were those which had been soaked.

Dried apples should be cooked unsoaked in one or two parts of water by measure to one of apple, depending on the quality of the dried product. With the best products, an equal measure of fruit and water was sufficient. Cook by simmering gently about an hour or until tender.

V. Dried Peaches. - It is not absolutely necessary to soak dried peaches. In order to cook them successfully, however, by soaking them over night (using two parts of water by measure to one of fruit) one may obtain the fruit in a condition which bears a close resemblance to the fresh product. Although fairly good results may be obtained by cooking the dried peach without previous soaking, it must be admitted that the product then seems more nearly to resemble a peach preserve than if it has had a preliminary soaking.

VI. Dried Pears. - Dried pears may be cooked without previous soaking; for, generally speaking, even a brief soaking of pears tends to dilute the flavor, which is necessarily rather mild at best. However, soaking overnight may be an advantage where a pear pulp is desired, as in making a strained pear sauce or Blanc Mange.

The proportion of water to fruit may vary from 1 to 3 measures of water to 1 part of fruit, depending on the cooking method and the amount of evaporation involved. A minimum amount of water is desirable to secure the best flavor; but in all cases, on the other hand, there should be enough water to cover, or nearly cover the fruit. Long, slow cooking improves the flavor of dried pears greatly.

VII. Dried Apricots. - Apricots do not require soaking. They are best prepared by simmering gently or by cooking in a pan set over hot water for 1 hour, using an equal measure of water to fruit, or barely enough water to cover.

VIII. Dried Prunes. - Prunes do not require soaking. Soaking dilutes the flavor and gives a mushy texture. A minimum proportion of water to fruit is desirable. Usually this is about 1 measure of fruit to 1 measure of water, or enough water to barely cover the fruit.

A longer cooking period than 1 hour gives a slight caramel flavor, which may be considered desirable by some persons.

Due to wide variations in the character of different samples of dried fruits and vegetables it cannot be said that these directions will apply literally in all cases.

It will be noticed that the terms "barely covered" and "well covered" are frequently used. When the fruit is "well covered" it is meant that

is completely immersed; when "barely covered" the water reaches a level even with the top layer of fruit.

Recipes.

The following recipes have been prepared and tested either by the Office of Home Economics or the Office of Extension Work South.

Soups.

Beef Stew. - Proceed as for ordinary meat stew. Add the dried vegetables (1 part soup mixture to 3 parts liquid) to the meat 1 hour before meat is fully cooked.

Vegetable Soup. - For each 3 quarts of soup stock or broth add 1 cup of dried soup mixture. The vegetable mixture in the stock should be cooked in a covered kettle for 1 hour.

Cream of Spinach Soup (Serves 6.) -

4 cups cooked spinach	4 tablespoons butter
1 cup boiling water	4 tablespoons flour
3 cups milk	Salt and pepper to taste

Cook the required amount of dried spinach until tender as directed under Creamed Spinach and rub through a sieve. Prepare a thin white sauce with the milk, water, butter and flour. Add the spinach pulp and bring to the boiling point. Season with salt and pepper. Serve with croutons or toasted crackers

Vegetable Chowder. (Serves 6) -

1 cup dried soup mixture	1 pint milk
3 cups cold water	1 tablespoon butter
1/4 pound salt pork	Salt and pepper to taste
2 tablespoons flour	

Put the dried vegetables into a kettle with the cold water; add the pork, cut into small cubes, and cook very slowly for 1 to $1\frac{1}{2}$ hours. Add the flour rubbed smooth with a little cold water, and salt to taste. Cook 10 minutes. Just before serving add the scalded milk and butter; bring again to the boiling point, season with pepper and serve hot. A tablespoon of finely chopped parsley is a nice addition.

Vegetable Dishes.

Buttered String Beans. - Two-thirds cup dried string beans will yield about $1\frac{1}{2}$ cups or three servings of $\frac{1}{2}$ cup each.

Soak the beans over night in 3 measures of cold water and boil gently in the same water until tender. This will require about 3/4 hour if the beans are of good quality. Salt to taste. Season with butter and pepper.

Creamed String Beans. - Soak and cook the required amount of dried string beans as directed in the previous recipe, salting to taste. For three

cups of cooked beans allow 2 tablespoons flour, 2 tablespoons butter and $1\frac{1}{2}$ cups milk. Stir the flour with a little of the cold milk until smooth; add all these ingredients to the beans and cook 10 minutes, stirring constantly until the mixture is smooth and thick. Season with pepper.

Beans with a Brown Sauce. - Soak the beans overnight in three parts of water to one of beans. Cook them in the same water, adding a slice of bacon. Save the water in which the beans have been cooked for a brown sauce, using $1\frac{1}{2}$ tablespoonfuls each of flour and butter, $\frac{1}{2}$ teaspoonful salt and a few grains of pepper for each cupful of water. Thicken the sauce as described above under "creamed string beans."

Stewed Corn. - One-half cup of dried corn will yield about 1 cup of cooked corn or 2 servings of 1/2 cup each.

Soak the required amount of corn overnight in 2 measures of water. Simmer gently in the same water about 15 minutes or until tender. To each cupful of cooked corn add salt to taste (about 1 teaspoonful), 2 tablespoonfuls butter, $\frac{1}{2}$ tablespoon sugar, and $\frac{1}{4}$ cup milk. Season with pepper and serve hot.

Corn Pudding. -

2 cups cooked corn, well drained	1 cup milk
2 eggs	2 tablespoonfuls sugar
1 tablespoonful flour	2 teaspoonfuls salt
1 tablespoonful butter	Few grains pepper

Cook the corn as above. Melt the butter in a pan, add flour and seasoning and stir until smooth. Add the milk and boil, stirring constantly. Add the sugar, egg yolks, and corn. Then fold in carefully the stiffly beaten egg whites. Place in a buttered baking dish, set into a pan of water. Bake in a moderate oven about 35 minutes.

Corn Oysters. -

2 cups corn	1 teaspoon salt
2 eggs	Few grains pepper
6 tablespoons flour	

Beat eggs. Add corn and seasoning. Stir in flour and cook by spoonfuls on hot oiled griddle.

Buttered Carrots. -

One cup dried carrots will yield about $2\frac{1}{2}$ cups or five servings of 1/2 cup each.

Soak the required amount of carrots overnight in 2 measures of water. Boil gently in the same water until tender, adding more as the water evaporates. This will require one hour or more, the time depending upon the age of the carrots when dried. Add salt to taste. Season with butter and pepper if desired.

Creamed Carrots. - Soak and cook the required amount of carrots as directed in the previous recipe. For 2 cups of cooked carrots allow 1 cup milk, 2 tablespoons flour, 2 tablespoons butter, salt to taste (about 1 teaspoon). Mix the flour with part of the cold milk until smooth; add all these ingredients to the carrots and cook 10 minutes, stirring constantly until smooth and thick. Season with pepper and serve hot.

Buttered Beets. - One cup dried beets will yield about two cups of cooked beets. Soak the requisite amount of dried beets overnight in two measures of water, and boil gently in the same water until tender, adding more as the water evaporates. This will require about one hour or more, depending upon the age of the beets when dried. Add salt to taste during the last half-hour of boiling. Drain and season with butter and pepper as desired.

Pickled Beets. - The cooked and salted beets, prepared as directed in the previous recipe, are covered with vinegar not too sharp.

Creamed Spinach. - One cup dried spinach (pressed down) will yield about one cup cooked spinach or two servings of 1/2 cup each. Spinach does not require previous soaking but may be put on to cook with the 2 measures of cold water. Boil gently uncovered about 3/4 hour or until tender. Allow most of the water to evaporate being careful not to let the spinach scorch. Chop fine or put through a colander. To two cups of cooked spinach allow 1 teaspoon salt, 1 tablespoon flour, 1 tablespoon butter, and 1/4 cup milk. Mix flour and milk until smooth and cook with the butter five minutes, stirring constantly. Add the spinach, reheat and season with pepper if desired. Serve hot on toast or garnish dish with toast points and hard cooked eggs.

Salads.

Beet and Nut Salad. (About 6 servings.) -

2 cups cooked dried beets	1 tablespoon vinegar
1 cup broken nut meats	Lettuce (for 6)
2 tablespoons oil	Mayonnaise dressing

Cook beets as directed under Buttered Beets. Drain, marinate with the oil and vinegar, and chill. Blend the nut meats and beets lightly, and serve on crisp lettuce leaves with cooked dressing.

Combination Salad. (About 6 servings.) -

1 cup cooked dried beans	1½ tablespoons vinegar
1 cup cooked dried carrots	Lettuce (for 6)
1 cup cooked dried beets	Mayonnaise
3 tablespoons oil	

Cook the vegetables as directed above. Salt to taste and drain well. Marinate each separately with oil and vinegar, then chill. Arrange a tiny mound of each vegetable on a bed of crisp lettuce, add mayonnaise dressing and garnish with a sprig of parsley.

If desired the marinated vegetables may be tossed together lightly and served in combination on the lettuce with a spoonful of mayonnaise.

Molded Vegetable Salad. (8 or more servings.) -

3 cups cooked dried vegetables (e.g., beans and beets.)
2 large sweet peppers, shredded
2 tablespoons granulated gelatin
½ cup cold water
½ cup boiling water
½ cup vinegar
1 cup sugar
1 teaspoon salt
Lettuce
Mayonnaise

Prepare the cooked vegetables as directed above. Soften the gelatin in the cold water, letting it stand 10 minutes or more, then dissolve in the boiling water. Add to this the vinegar, sugar, salt and vegetable mixture. Turn all into a shallow pan or mould previously wet with cold water. Chill until set and keep cold until ready to serve. Cut into squares and serve on a crisp lettuce leaf with mayonnaise or cooked dressing.

Stuffed Dried Pears or Prunes. - Select large or choice fruits. Wash carefully, barely cover with water and soak a number of hours until thoroughly plumped.

To 1 cup of cottage cheese add 3 tablespoons of cream, 1/8 teaspoon of salt, paprika if desired, working it with fork until light and smooth. Fill the pitted prunes with this mixture or place a small ball of it on each half of pear. Arrange the stuffed fruit on crisp lettuce leaves and serve with French dressing.

Dried Apples and Cheese. - Blend thoroughly 1 cup of cottage cheese with 3 tablespoons of cream, 1/8 teaspoon salt and 1/3 cup finely chopped pimento. Paprika may be added if desired. Mold in small custard cups or sherbet glasses and chill. When very cold turn the molded cheese onto crisp lettuce leaves arranged on salad plates. Surround the cheese with a border of diced dried apples which have been washed and soaked but not cooked. Serve with mayonnaise or cooked salad dressing.

Dried Fruits.

Stewed Apples. - Allow 1 cup of dried apples for each cup of stewed apples or 2 servings of 1/2 cup each.

Wash the apples thoroughly and place in a stewpan with an equal measure of water. Simmer gently for 1 hour or until tender. Five minutes before removing from the fire add to each cupful of apples a few grains of salt, 3 tablespoons of sugar and 1/8 teaspoon of cinnamon or nutmeg if desired.

Baked Apple Sauce. - The above ingredients may be placed in a baking dish with 1 teaspoon butter and 1/2 cup additional of water to each cup of apples. Bake slowly, uncovered, about 3 hours.

Dried Apple Custard. (About 6 servings.) - Adapted from a Tennessee recipe.

1 cup stewed and sweetened dried apples
3 eggs
1 pint milk
1/8 teaspoon salt
Sirup or sugar 1/3 cup
1/8 teaspoon cinnamon or nutmeg

Stew the apples until tender and sweeten to taste, being careful not to mash them. Allow most of the liquid to be absorbed. Beat the eggs, add the milk, the salt, the sweetening and the spice. Pour this over the apples in a buttered baking dish.

Set the dish in a pan of water and bake in a moderate oven until the custard is set, that is, until a knife inserted in the center comes out clean. This is very nice baked in individual custard cups.

Brown Betty - (About 6 servings.)

2 cups dried apples (soaked 4 hours)
2 cups dried bread crumbs
3/4 cup sirup or ½ cup sugar
3 tablespoons butter
1/8 teaspoon salt
Cinnamon and nutmeg

Cover the bottom of a buttered baking dish thinly with fine dry bread crumbs. On this place a layer of soaked dried apples, part of the sweetening and dust lightly with the spice. Add a layer of bread crumbs and dot generously with butter. Follow with another layer of apples, sweetening and spice, bread crumbs, etc. Finally cover all with bread crumbs, dot with butter and add a little sweetening. If necessary add some of the liquid in which the apples were soaked, until within ½ inch from top of mixture. Bake about one-half hour in a moderate oven. Serve hot or cold with hard sauce or with transparent fruit sauce.

Apricot Tapioca Pudding.

½ cup pearl tapioca
1 cup dried apricots (uncooked)
½ teaspoon salt
2 cups water
½ cup sugar

Soak the tapioca overnight in 2 cups of water. Then drain to remove dirt and excess starch. Mix the soaked tapioca, apricots, sugar and salt with 2 cups of fresh water and place all together in a pan set over hot water and cook about 1½ hours. Serve with cream.

Transparent Fruit Sauce.

1 cup juice from cooked dried fruit
1 cup water
Pinch of salt
½ cup sirup
1½ tablespoons cornstarch
Juice and rind of ½ lemon

Heat together until boiling the water, fruit juice, salt and sirup; add the cornstarch rubbed smooth with cold water. Cook until smooth and clear. Add the lemon juice and drop in rind, cooking 3 to 5 minutes longer. Strain and serve either hot or cold.

Stewed Pears. - One cup of dried pears yields from 4 to 5 servings of 3 pears each.

Wash the pears thoroughly and remove any cores. Simmer slowly, uncovered, from 1 to 1½ hours, using 2 to 3 measures of water to 1 of fruit. Sweeten with brown sugar, if on hand. A little lemon juice and rind or a bit of stick cinnamon improves the flavor.

Baked Pears. -

½ cup dried pears
2/3 tablespoon butter
1 tablespoon sugar
1/8 teaspoon cinnamon
2 cups water or more if necessary

Wash pears and remove cores. Place in a baking dish; season with butter, sugar and spice. Add enough water to more than cover the fruit. Bake slowly uncovered for at least 3 hours. Add more water as needed. This cooking process gives a delicious flavor, and it is one of the best possible methods of treatment.

Pear Blanc Mange. -

½ cup pear pulp strained
½ cup sugar
1 teaspoon lemon juice
2 tablespoons cornstarch
Rind of ½ lemon
3/4 cup water
½ inch thick cinnamon

Cook pears, water, and flavorings together for 3 minutes and thicken with cornstarch mixed with enough cold water to make a paste which pours. Cook 20 minutes in a pan set over hot water. Mold.

Stewed Peaches. - One cup of dried fruit yields 4 servings of about 4 or 5 halves each.

Wash the fruit thoroughly and soak overnight in 2 measures of water. Simmer gently in the same water about 1 hour or until tender. Sweeten to taste.

The skins may frequently be removed after soaking overnight; if difficult to remove the pieces may be placed in boiling water for 1 or 2 minutes after which the skin usually slips off readily.

Peach Custard. - Use stewed peaches a little undercooked, instead of stewed apples in the recipe for Apple Custard.

Fruit Whip (Peach, apricot, prune or apple). (About 6 servings.)-

1 cup fruit pulp, thick as marmalade
½ cup sugar (or sirup to sweeten)
Pinch of salt
2 tablespoons lemon juice (or 1 teaspoon vanilla.)
2 egg whites

Cook the dried fruit until very tender and press through a sieve. Sweeten well. If sirup be used the mixture may have to be boiled down again until thick. Add the salt and lemon juice. (With apricots use 1 teaspoon vanilla in place of lemon juice.) Beat the egg whites until stiff, fold in the cold sweetened fruit pulp, whip until thoroughly blended. Chill and serve in tall glasses with sweetened whipped cream.

Fruit Sponge. (Peach, apricot, prune or apple.) (About 6 servings.)-

1 cup fruit pulp thick as marmalade
½ cup sugar (or sirup to sweeten.)
Pinch of salt
2 tablespoons lemon juice
1 1/3 tablespoons granulated gelatin
1/3 cup cold water
1/3 cup boiling water
3 egg whites
1½ cups whipped cream
1 teaspoon vanilla

Cook the dried fruit and press through a sieve. Sweeten well, evaporating down to the consistency of thick marmalade. Add the salt and lemon and allow to cool thoroughly. Soften the gelatin in the cold water for 10 minutes, then dissolve in the boiling water. Strain and add to the fruit pulp. Beat the egg whites until stiff. Fold in the fruit pulp combined with the gelatin. Finally, blend with this the whipped cream and vanilla. Turn into molds previously wet with cold water and chill. Unmold and serve with soft custard, garnished with cherry or pieces of fruit paste.

Dried Fruit Macedoine. - Soak for several hours until plump several kinds of dried fruit of different colors, such as apples, apricots, prunes, cherries, pears, peaches. When plump but not mushy cut each fruit neatly into small cubes. Marinate the fruits separately with lemon juice and a little oil. Then arrange them in tall glasses in layers or bands, the darkest or heaviest color below, next a lighter one and finally the palest. If desired, the bands of fruit may be repeated. Heap 1 tablespoonful of golden dressing on top and garnish with a bit of fruit of contrasting color. Serve ice cold. If desired canned fruits, such as cherries or pineapple, or fresh fruits, such as oranges, bananas, or grapes may be used together with dried fruits.

Use of Dried Fruits in Baking

Dried fruits are especially popular and useful for pies, cakes and baked or steamed puddings. By the blending of tart fruits with those rather sweet, many variations in flavor may be had and a considerable saving in sugar effected. Thus, combinations of prunes and pears, apricots and pears, apples and raisins, and peaches and figs will all be found acceptable, and will make possible a greater use of the rather sweet or more insipid fruits.

Dried Fruit Pies.

Plain Pastry. (2 crusts.) -

1 2/3 cups sifted flour
½ teaspoon salt
½ teaspoon baking powder (if desired.)
6 tablespoons shortening
Cold water to mix

Sift together the dry ingredients and cut in the shortening, blending all until the mixture resembles meal. Mix with water to a stiff dough, handling as little as possible. Divide this dough into two parts and roll one to such size as will fit a pie tin of medium size. If desired this may be partly baked before adding the filling. Roll the second portion until slightly larger than

the pie tin; cut slits for the escape of steam; place on pie after the filling has been added; trim neatly at the edge of tin and press edges of the two crusts together.

Bake in a fairly hot oven for five minutes, then reduce the heat and continue baking about 25 minutes.

Dried Apple Pie Filling. (Enough for one 8-inch pie.) -

1-3/4 cups dried apples	1/2 cup sugar
1-3/4 cups water	2 tablespoons butter
	Dash of cinnamon or nutmeg

Cook apples and water together rapidly for about 10 minutes, allowing water to boil away almost entirely. Place apples in the pie, dot with butter, add sugar (or other sweetening) and spice.

Cover with top crust or with strips of pastry and bake as directed under Plain Pastry.

Dried Peach Pie. -

Prepare peaches by soaking, removing skins and stewing, allowing most of the liquid to evaporate. Use these stewed peaches in place of apples in the preceding recipe, sweetening, adding butter and spice as desired.

Dried Cherry Cobbler. -

2½ cups dried cherries	Sugar or other sweetening to taste
	Pastry to cover

Prepare cherries by washing and stewing gently in an equal quantity of water. Place in deep baking dish, sweeten to taste and cover with a single crust made in accordance with Plain Pastry or with a rather rich biscuit dough. Bake slowly 1/2 hour and serve with whipped cream.

Dried Fruit Shortcake. -

2 cups sifted flour	4 tablespoons shortening
3/4 teaspoon salt	About 2/3 cup milk to mix
3 teaspoons baking powder	Butter to spread
1 tablespoon sugar	Stewed and sweetened dried fruit

Prepare the dough by sifting together the dry ingredients, cutting in the shortening, blending it until the mixture resembles meal. Mix with milk (or water) until a fairly soft dough is formed. Divide into two equal portions. Roll each until about 1/2 inch thick. Bake in separate tins, or one sheet above the other after spreading the lower one with butter. Bake about 15 minutes in a fairly hot oven. Separate the two layers and spread each with butter and with stewed and sweetened dried fruit, such as peaches, apricots or prunes. Place the two layers upon each other and serve garnished with whipped cream.

By cutting the dough into rounds with a biscuit cutter individual shortcakes may be made.

Dutch Apple Cake. -

Prepare biscuit dough with the addition of two tablespoons of sugar to the dry ingredients and one egg, well-beaten, to the liquid, and mix as usual. Roll or pat into a sheet 1/2 inch thick and place in greased pan.

Have ready dried apples which have been simmered gently for 15 minutes in an equal volume of water. Drain off the liquid and place the apples neatly on the sheet of dough, pressing down very gently to hold them in place. Dot with bits of butter, sprinkle generously with sugar and dust with cinnamon and a dash of nutmeg. Bake slowly in a moderate oven 20 to 25 minutes.

Cottage Pudding with Dried Fruit. -

1/2 cup sugar
1/4 cup butter
2 eggs

2 cups sifted flour
1/4 teaspoon salt
3 teaspoons baking powder
Milk (about 3/4 cup) to make thick batter

Cream together the butter and sugar, and the well-beaten eggs. Sift together the flour, salt and baking powder and blend this with the sugar mixture, alternating with portions of the milk. Add just enough milk to make a rather thick batter as for layer cake. Bake in a buttered baking dish in a moderate heat about one-half hour. Serve with stewed and sweetened dried fruit or with transparent fruit sauce.

Oatmeal Fruit Pudding. -

1 cup rolled oats
$1\frac{1}{2}$ cups water
Sugar (or sirup) to taste, about 1/3 cup.

1/3 teaspoon salt
1 cup dried fruit
2 tablespoons lemon juice
Grated rind of 1/2 lemon

Prepare the fruit by washing and soaking if necessary. Apples, peaches, apricots, prunes or a mixture of one of these with pears, raisins, figs or dates may be used. Cook the oats, salt and $1\frac{1}{2}$ cups of water in a double boiler for 20 minutes. Add the soaked fruit, and cook all together one hour. Sweeten to taste and cook somewhat longer especially if sirup is used to allow for a little evaporation. Add the lemon juice and grated rind, then remove from the fire, turn into one large or several small molds, which have been rinsed with cold water. Chill and serve with soft custard or with whipped cream.